

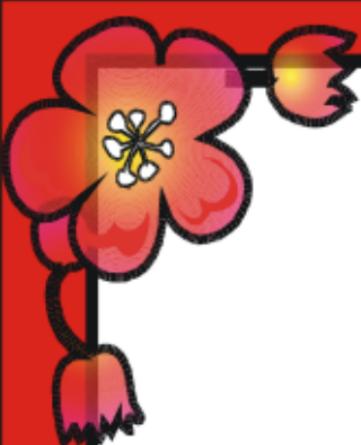
नवग्रह स्तोत्रम् NAVGRAHA STOTRAM

THE HYMN
(PRAYERS)
OFFERED
TO
NINE
PLANETS
&
STARS



Humble efforts of translation and appreciation

Dr. Shriniwas Janardan Kashlikar



नवग्रह स्तोत्रम्

NAVGRAHA STOTRAM

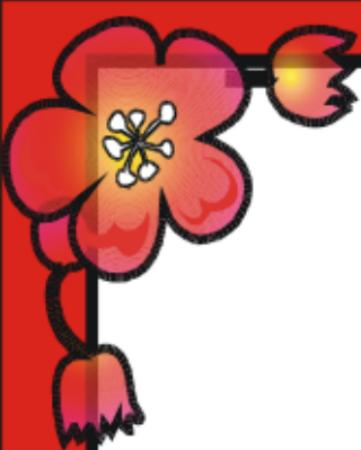
THE KYMN (PRAYERS) OFFERED
TO NINE PLANETS & STARS

Humble efforts of translation and appreciation

Dr. Shriniwas Janardan Kashlikar

In-charge : Center for Total Stress Management,
KEM Hospital, Mumbai - 400 012.





NAVGRAHA STOTRAM

© Author : Dr. Shriniwas Janardan Kashlikar

In- charge : Center for Total Stress Management,
KEM Hospital, Mumbai - 400012.
Mobile : 9820058548



**This prayer helps us to
explore and experience the
power and bliss cf our true
self & thereby progress
into universal unity,
harmony & happiness.**



सूर्य = SUN

जपाकुसुमसंकाशं काश्यपेयं महद्युतिम् ।

तमोरिं सर्वपापघ्नं प्रणतोऽस्मि दिवाकरम् ॥

Japaakusumasankaasham kaashypeyam Mahadyutim |

Tamorim Sarvapaapaghnam Pranatosmi Divaakaram ||

जपाकुसु	=	जास्वंदीचे फूल	= Hibiscus flower
संकाशं	=	सारखा	= Similar
काश्यपेयं	=	काश्यप कुलोत्पन्न	= Born in Kashyap pedigree (family)
महत्	=	मोठे	= Great
द्युतिम्	=	तेज	= Brightness, radiance, luminance
तमः	=	अंधार	= Darkness
अरि	=	शत्रु	= Enemy
सर्व	=	सगळी	= All
पापघ्नं	=	पापे नाश करणारा	= Destroyer of sins

प्रणतः	=	प्रणाम करतो	= Salute
अस्मि	=	मी	= I
दिवाकरम्	=	दिवाकराला = सूर्याला	= To sun

अर्थ : जास्वंदीच्या फुलाप्रमाणे लाल रंग असलेला, कश्यप कुलीन व महातेजस्वी असलेल्या, अंधाराचा शत्रु असुन सर्व पापे नष्ट करणाऱ्या दिवाकराला (सूर्याला) मी प्रणाम करतो.

Meaning : I salute Sun (Divakara) who is red like hibiscus, who is born in Kashyap family (pedigree), who is very bright and enemy of darkness and who destroys all sins.

Essences : The nine 'grahes' are not merely plants or stars in physical sense. They are the power underlying the physical existence not merely nine but all the planets and stars in whole of the Universe. Here the word sun represents the source of not merely physical energy for photosynthesis by plants or heat but it indicates source of consciousness for the entire universe. As we rise in consciousness we



tend to falter less and commit less mistakes and sins (all the deeds conducive to deterioration of holistic health) and vice versa. Hence here the Sun is referred to as destroyer of sins. The sun is bright and hence enemy of darkness not merely in physical sense but in terms of being enemy of the darkness of ignorance.

This prayer should prove useful to overcome slumber, inertia and inactivity. It should prove useful to overcome depression and frustration.



चंद्र = MOON

दधिशंखतुषाराभं क्षीरोदार्णवसंभवम् ।
नमामि शशिनं सोमं शम्भोर्मुकुटभूषणम् ॥

Dadhishankhatushaaraabham Ksheerodaarnavasambhavam |
Namaami Shashinam Somam Shambhormukutabhooshanam ||

दधि	= दही	= Curd
शंख	= शंख	= Shell (crouch)
तुषार	= तुषार, दवबिंदू	= Dew drops
आभं	= तेज	= Radiance, luminance, brightness
क्षीरोद	= क्षीर दूध देणारा	= Milk provider
अर्णव	= सागर	= Ocean
संभवम्	= जन्मलेला	= Born
नमामि	= मी मनन करतो	= I salute



शशिनं	= ससा (काळ्या डागाच्या रूपातील)	= Rabbit in the form of drak patch on moon
सोमं	= सोमाला	= To moon
सोमं	= वनस्पतींचे पोषण करणारे तत्व	= The principal or element, which nurtuses all plants
शम्भो	= शंकराच्या	= Of Lord Shiva
मुकुट	= किरीट, मुकुट	= Crown
भूषणम्	= अलंकार	= Ornament on

अर्थ : दही, शंख आणि दवबिंदूप्रमाणे शोभा व तेज (व रंग) असलेल्या क्षीरसागरातून उत्पन्न झालेल्या, अंगावर सशाचे चिन्ह असलेल्या, शंकराच्या (शिवाच्या) मुकटावरील भूषण असलेल्या औषधींचा पोषक अशा चंद्राला मी नमस्कार करतो.

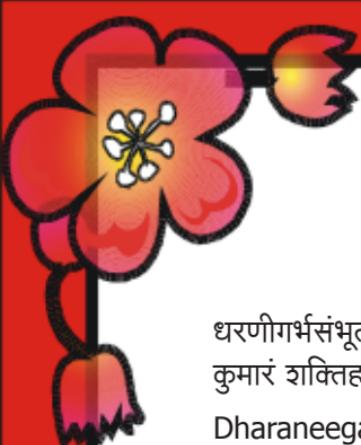


Meaning : I salute Moon. who is beautiful and radiant like curd, couth and dew-drops, who is born from the ocean of milk, who adoms the sign of rabbit and who beautifies the crown of Lord Shiva.

Essence : The beautiful description of Moon is actually aimed to indicate that principle which is like the mind of the universal being or cosmic being. The cosmic mind is said to murture the plants (medicinal). this seems to be healing qualities imparted by it to the plants. Mind as a healer is well known all over the world.

When we think of Moon principle at individual level, the three characteristics viz, being born in ocean of milk, having rabbit patch and beautifying the crown of Shiva all appear related to central nerous system, The mind is born from the well spread out white nerous system (ocean of milk) with gray matter (rabbit like dark patch) and the mind when clean really beautifies the crown of shive or Self in the individual.

This prayer should strengthen the weak and fragile mind and fragile mind and emppower one to fight the difficult situation and conquer them.



मंगळ = MARS

धरणीगर्भसंभूतं विद्युत्कान्तिसमप्रभम् ।
कुमारं शक्तीहस्तं च मंगलं प्रणमाम्यहम् ॥

Dharaneegarbhhasambhootam Vidyutkaantisamaprabham |
Kumaaram Shaktihastancha Mangalam Pranamaamyaham ||

धरणी	=	पृथ्वी	= Earth
गर्भ	=	गर्भ	= Embro or fetus
संभूतं	=	जन्मलेला	= Born
गर्भसंभूत	=	गर्भपासून जन्मलेला	= Born from the fetus of earth
विद्युत्कान्तिसमप्रभम्	=	वीजेच्या तेजाप्रमाणे प्रभा असलेला	= Having aura like the luminance of electricity (lightening)
कुमारं	=	कुमारला आणि	= To the young boy And
शक्तीहस्तंच	=	शक्तीशाली हात	= Strong arms

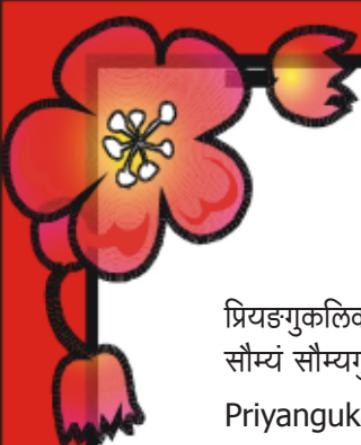
मंगलं	= मंगळाला	=	To Mars
प्रणमाम्यहम्	= मी प्रणाम करतो	=	I salute

अर्थ : पृथ्वीच्या गर्भाशयातून जन्मलेल्या वीजेच्या तेजासारखी प्रभा असलेल्या आणि शक्तिशाली हात असलेल्या कुमार मंगळाला मी प्रणाम करतो.

Meaning : I salute young Mars who is born from the womb of earth, has the bright like that of the lightening and who has strong arms.

Essence : According to Indian Astrology Mars represents the cosmic principle of fire and is supposed to be the causal for bravery, industriousness, dynamism, cataclysms, wild fires, epidemics, riots, cyclones and wars. The prayer is intended to regulate the fire principle and channelize it in constructive direction. This is akin to what is as RAJA principle.

This prayer is likely to help all the condition which lower the metabolism and make the body slow, lethargic and weak. It can help activate all organs of the body by providing energy. Moreover, it is likely to control excitement, anger and hyper activity of body systems.

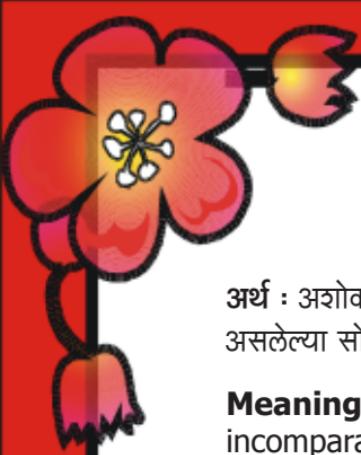


बुध = MERCURY

प्रियङ्गुकलिकाश्यामं रूपेणाप्रतिमं बुधम् ।
सौम्यं सौम्यगुणोपेतं तं बुधं प्रणमाम्यहम् ॥

Priyangukalikaashyaamam Roopenaapratimam budham |
Saumyam Saumyagunopetam Tam Budham Pranamaamyaham ||

प्रियङ्गुकलिका	= अशोक वृक्षाची कडी	= The bud of Ashoka tree
श्यामं	= काळा	= Gray, Reddish drak
रूपेणाप्रतिमम्	= रूपाने अप्रतीम	= Incomparable in appearance
बुधं	= बुधाला	= To Mercury
सौम्यं	= मंद, सौम्य, शीतल	= Mild, cooling
सौम्य गुणोपेतं	= सौम्यत्व हे वैशिष्ट्य असलेला	= Mild by nature
तं बुधं	= त्या बुधाला	= To that Mercury
प्रणमामि+अहम्	= प्रणमाम्यहम् = मी प्रमाण करतो	= I salute



अर्थ : अशोकाच्या कळीप्रमाणे लालसर - काळा (श्याम) वर्ण असलेल्या अप्रतीम सुंदर रूप असलेल्या सोजवळ स्वभावी बुधाला नमस्कार असो.

Meaning : I salute sober natured Mars who look reddish dark and incomparably besutiful like the bud of Ashoka tree.

Essence : This prayer is apparently related to the principle of wisdom and restraint. Gray point / suyggests gray matter of the brain which exerts restraint on otherwise intractable and barnaric passion and temperament. Thus it is the governing principle of sobriety and grace.



गुरु = JUPITOR

दैवानां च ऋषीणा च गुरुं कांचनसन्निभम् ।
बुद्धिभूत त्रिलोकेशं तं नमामि बृहस्पतिम् ॥

Devaanaan Cha Risheenaam Cha Gurum Kaanchana Sannibham |
Buddhibhootam Trilokesam Tan Namaami Bruhaspatim ||

देवानां च ऋषीणां च	= देवांचा आणि ऋषीचा
गुरुं	= Belonging to deities and sages (Rishis)
कांचन सन्निभम्	= गुरु
बुद्धिभूतं त्रिलोकेशं	= Master, teacher, guru
	= सोन्यासारखा रंग असलेला
	= Having golden colour
	= बुद्धिमान असा त्रैलोक्याचा स्वामी
	= Genius and master of all three planes of existence



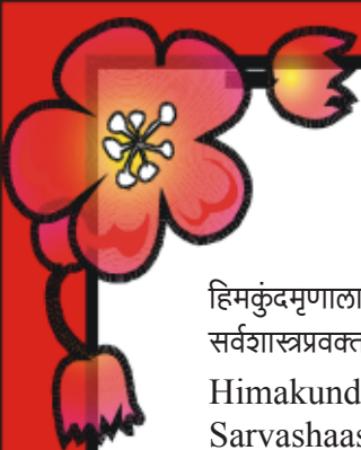
तं नमामि बृहस्पतिम्'

= बृहस्पतीला मी प्रणाम करतो
= I salute that jupiter

अर्थ : देव आणि ऋषींचा गुरु असलेल्या, सोन्यासारखा रंग असलेल्या बुद्धिमान अशा त्रैलोक्याचा स्वामी बृहस्पतीला मी नमस्कार करतो.

Meaning : I salute the genius Jupiter who is the teacher of deities and rishis, who is golden in complexion and who is master of all three planes of existence.

Essence : This prayer is apparently offered to the genius of an individual which governs all the centers in the brain and thereby govern all three levels of consciousness viz. dream, sleep and wakefulness. The golden complexion seems to indicate the transcendental light that governs every activity. This could also be representing reticular system in central nervous system, which determines the activity of all centers in brain.



शुक्र = VENUS

हिमकुंदमृणालाभं दैत्यानां परमं गुरुम् ।
सर्वशास्त्रप्रवक्तारं भार्गवं प्रणमाम्यहम् ॥

Himakundamrunaalaabham Daityaanaam Paramam Gurum ।
Sarvashaastrapravaktaaram Bhaaragavam Pranamaamyaham ॥

हिम	=	बर्फ	= Snow
कुंद	=	कुंद	= Jasmine
मृणाल	=	देठ	= Stem
आभं	=	तेज	= Luminance, radiance
दैत्यानां	=	दैत्यांचा	= of devils
परमं गुरु	=	परम गुरु	= Best teacher
सर्व शास्त्र प्रवक्तारं	=	सर्व शास्त्रे सांगणारा	= Propounder of all discourses of knowledge
भार्गवं प्रणमाम्यहम्	=	भार्गवाला मी नमन करतो	= I salute Bhargava

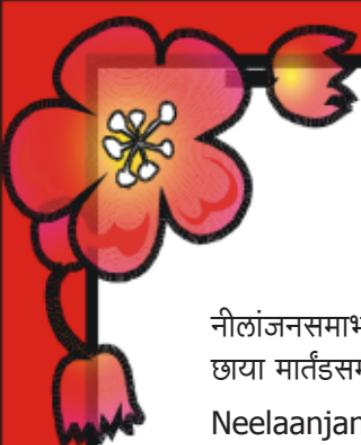


अर्थ : बर्फ कुंदीच्या पेठाप्रमाने तेज असलेल्या सर्व शास्त्रार्थ सांगणाऱ्या परम गुरु भार्गवाला (शुक्राला) मी प्रणिपात करतो.

Meaning : I salute Venus who is radiant like the scents of jasmine and snow, who is the best teacher of jasmine and snow is the best teacher of devils and who explains the discourses of science.

Essence : This prayer offered to Venus seems to indicate the principle responsible for systematic governance of passions and instincts in nature. The sexual and physical vigor, which can be devilish are apparently governed by this principle for the benefit of universe. Structurally this may represent limbic system in brain.

This prayer appears to result in invigoration, buoyancy, love and perpetuation of life and universe.



शनि = SATURN

नीलांजनसमाभासं रविपुत्रं यमाग्रजम् ।
छाया मार्तडसम्भूतं तं नमामि शनैश्चरम् ॥

Neelaanjanasamaabhaasam Raviputram Yamaagrajam |
Chaayaa martandasambhootam Tan Namaami Shanaischaram ||

नील	= निळे	= Blue
अंजन	= काजळ	=
सम	= सारखे / सारखा	= Similar
आभास	= प्रभा	= Aura
रविपुत्रं	= सूर्याचा मुलगा	= Son of Sun
यम	= यम	= Deity of Death
अग्रजं	= मोठा भाऊ	= Elder brother
छाया	= छाया, सावली	= Shaddow
मार्तड	= सूर्य	= Sun

संभूतं	= जन्मलेल्या	= Born
तं	= त्याला	= To him
नमाप्यहम्	= मी प्रणाम करतो	= I salute
शनैश्चरम्	= स्थिर शनि ग्रहाला	= To stable Saturn

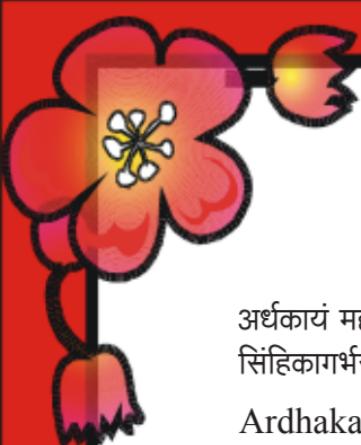
अर्थ : निळ्या काजळासारखी प्रभा असलेल्या, यमाचा मोठा भाऊ असुन सूर्य आणि त्याची छाया यांपासून जन्मलेल्या स्थैर्यभावी शनिग्रहाला मी वंदन करतो.

Meaning : I salute stable Saturn who has dark aura, who is the elder brother of Yama and who is born from Sun and his "shaddow" viz. Chaayaa.

Essence : This prayer offered to saturn appears to be a prayer to the deity (cosmic principle) of stability. If inadvertently expressed it can retard the progress. If appropriately expressed it can prevent abnormal and haphazard movement (going astrey and getting misled). The expression



"Elder brother of Yama" seems to indicate the importance of stability in coordination of regulation of life & death represented by the principle or deity Yama. The expression "Son of Sun" seems to indicate that it has the power of light (activity) and darkness (inactivity) knowledge and ignorance. It may represent limits of growth, constancy of bioelectric potentials, negative feed back mechanisms in body.



राहू = RAHU

अर्धकायं महावीर्यं चंद्रादित्यं विमर्जनम् ।
सिंहिकागर्भसंभूतं तं राहुं प्रणमाम्यहम् ॥

Ardhakaayaam Mahaaveeryam Chandraaditya Vimarjanam ।
Simhikaagarbhasambhootam Tam Rahum Pranamaamyaham ॥

अर्ध	=	अर्धे	= Half
कायं	=	शरीर	= Body
महा	=	मोठा, पुष्कळ	= Great
वीर्यं	=	पराक्रम, जननशक्ती	= Bravery , potency
चंद्र आदित्य विमर्जनम्	=	चंद्र व आदित्य (सूर्य) यांना पीडणाऱ्या, त्रास देणाऱ्या	
	=	One who troubles the moon and the sun	
सिंहिका गर्भसंभूतं	=	सिंहिकाच्या गर्भापासून उत्पन्न झालेल्या	
	=	Born out of the womb of simhikaa	



तं राहुं

= त्या राहुला

= To Rahu salute

प्रणमाम्यहम्

= मी नमस्कार करतो

= I salute

अर्थ : अर्द्धे शरीर असलेल्या व महापराक्रमी असून चंद्र-सूर्यानाही ग्रसणाऱ्या व त्रास देणाऱ्या व सिंहिकेच्या गर्भारासून उत्पन्न झालेल्या राहुला मी प्रणिपात करतो.

Meaning : I salute the mighty and brave Rahu, who has half body, who harasses even moon and sun who is born from the womb of simhikaa.

Essence : The prayer is offered to Rahu. Rahu is a point in space and time and when the orbit of Moon crosses that of the earth while Moon is passing from south to north of the equator of Earth.

The Universe is full of wonders. The variety of entities (and deities) contribute to the panorama or orchestra in the cosmos. What appear to be negative and bad are also part of this orchestra. Hence for universal welfare prayer is offered to Rahu.



In mythology Rahu is said to be the son of Viprachitee and Simhika. These appear to be the symbols of two orbits the crossing of which produces Rahu so they may represent psychic forces responsible for mental clouding. Thus from individual's point of view Rahu appears to represent those points in space and time when an individual suffers from mental clouding, confusion, amnesia and which can create a picture of being possessed by a ghost.

However sleep, forgetfulness in appropriate limits promote health. Thus Rahu is said to be beneficial except in certain circumstances, constellation (place in birth chart).



केतु = KETU

पलाशपुष्पसंमकाशं तारकाग्रहमस्तकम् ।
रौद्रं रौद्रात्मकं घोरं तं केतुं प्रणमाम्यहम् ॥

Palaaashapushpasankaasham Taarakaagrahamastakam ।
Raudram Raudraatmakam Gharam Tan Ketum Pranamaamyaham ॥

फ्लाश-पुष्प = पळसाचे फूल = The flower of

संकाशं = सारखे/खा, समान = Similer

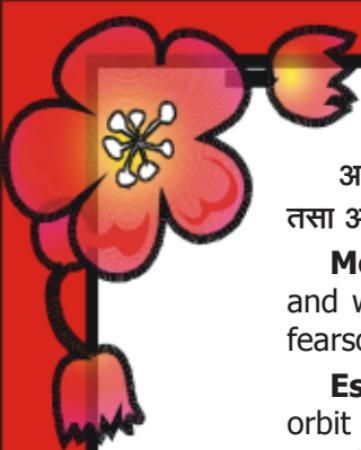
तारका ग्रह मस्तकं = तारे ग्रहांचे शिखर, शिर

= The head (Summit) of the stars and planets.

रौद्रं रौद्रात्मकं घोर = भयंकर, भयंकरस्वरूपी व थरारक

= Dreadful, horrifying by nature & menacing

तं केतुं प्रणमाम्यहम् = त्या केतुला मी नमन करतो = I salute that Ketu



अर्थ : पळसाच्या फुलाप्रमाणे लाल असून, तारे व ग्रहांचा जणू उत्कर्ष बिंदू असावा तसा असलेल्या महाभयंकर अशा केतुला मी वंदन करतो.

Meaning : I salute ketu who is red like the flower of parrot tree and who is like summit or pinnacle of stars and planets and who is fearsome.

Essence : This prayer is offered to Ketu. Ketu is the point where the orbit of Moon crosses that of Earth. This point is where Moon crosses equator of earth from north to south.

The Ketu appears to be principle of violence in nature/universe. The word Rudra connotes destruction. In universal as well as individual life destruction and violence are dreaded by most people. However violence & destruction are inseparable from the orchestra of universal events and individual life and when appropriate they constitute essential and individual life and when appropriate they constitute essential and health promoting aspect of life. One can find many processes of destruction described in the book of Embryology, Anatomy and Physiology.

Hence it is more than appropriate to offer prayer to Ketu the regulator of violence in nature & individual life.



फलश्रुति = THE REWARD

इति श्री व्यासमुखोद्गीतं यः पठेत् सुसमाहितः ।
दिवा वा यदि वा रात्रौ विज्ञशान्तिर्भविष्यति ॥

Iti Shree Vyaasamukhodgeetam Yah Pathet Susamaahitah ।
Divaa Vaa Yadiava Raatru Vighnashaantirbhavishyati ॥

इति = शेवट = End

श्री व्यासमुखोद्गीतं = श्री व्यासमुनिंची काव्यरचना

= The poeric expression of Shri Vyaasa

यः पठेत्

= जो वाचेल/अभ्यासेल = Who would read / study

सुसमाहित

= शांत / अविचल / सम चित्तानं

= With undistrubed focussed and balanced mind

दिवा वा यदि वा रात्रौ = दिवसा वा रात्री = At day or night

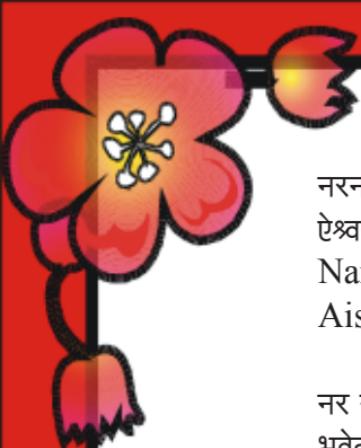


विज्ञान्ति भविष्यति = Adversities and Calamites are averted / destroyed

अर्थ : इथे स्तोत्र संपते. जो या व्यासरचित् स्तोत्राचा दिवसा वा रात्री एकाग्र व समतोल मनाने अभ्यास करील त्याच्यावरील सर्व संकटे नष्ट होतील.

Meaning : Here ends the prayer. One who recites / studies this prayer composed by shri Vyaasa the great rishi either at day or at night with composed & balanced mind, gets freed of all calamities.

Essence : The prayer of nine planets and stars actually helps one to explore one's true self and also thereby get access to all hitherto unavailable energies / powers which are symbolised as deities, with different forms.



नरनारीनृपाणां च भवेत् दुःस्वज्ञनाशनम् ।
ऐश्वर्यमतुलं तेषा आरोग्यं पुष्टिवर्धनम् ॥

Naranaraenrupaanaan Cha Bhavet Dusvapnanaashanam |
Aishvaryamatulam Teshaam Aarogyam Pushtivardhanam ||

नर नारी नृपाणां च = पुरुष, स्त्री व राजांची = of men, women and rulers
 भवेत् दुःस्वज्ञनाशनम् = वाईट स्वज्ञे नष्ट होतील = Evil dreams (thoughts)

ऐश्वर्यमतुलं तेषा = त्यांचे अतुलनीय ऐश्वर्य
आणि = Their unlimited prosperity

आरोग्यं पृष्ठिवर्धनम् = आरोग्य व सामर्थ्यवृद्धि (प्रत्यक्षात् येईल)

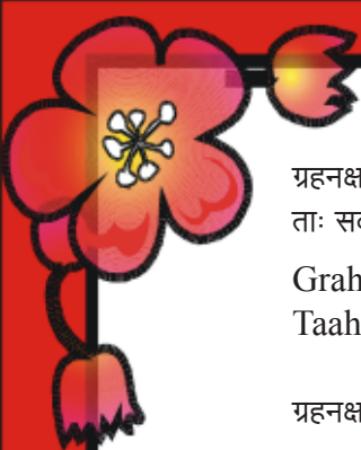
= Health growth of alround power
(would come in actuality)

अर्थ : स्त्री, पुरुष व शासकांची दुःखजे नष्ट होतील आणि त्यांना अतुलनीय ऐश्वर्य, आरोग्य आणि सत्ता प्राप्त होईल



Meaning : Men, women and rulers will get incomparable prosperity, health and empowerment and their bad dreams (thoughts) will be destroyed.

Essence : the prayer of all planets & stars will result into prosperity, health and power. By virtue of destruction of bad dreams, bad thoughts all kinds of meanness would disappear.



ग्रहनक्षत्रजाः पीडाः तस्कराग्नि समुद्भवाः ।
ताः सर्वाः प्रशमं यान्ति व्यासो ब्रूते न संशयः ॥

Grahanakshatrajaah Peedaah Taskaraagni Samudbhavah ।
Taah Sarvaah Prashamam Yaanti Vyaaso Broote Na Sanshayah ॥

ग्रहनक्षत्रजाः पीडा = ग्रह व ताच्यांपासून होणारी पीडा
= Trouble caused by the planets and stars
तस्कराग्नि समुद्भवाः = चोर व आग याद्वारे उत्पन्न होणाऱ्या (पीडा)
= As a result of thieves and fire
ताः सर्वाः प्रशमं यान्ति = त्या सर्वांचे शमन होते
= All those get neutralised or nullified
व्यासो ब्रूते न संशयः = असे व्यासमहर्षिंचे सत्य (संशयातीत) वचन आहे.

अर्थ : ग्रह व ताच्यांच्या अवकृपेमुळे चोर, आग (इत्यादी) इत्यादींमुळे होणाऱ्या संकटाचे शमन होते असो व्यासमहर्षि म्हणतात. हे सत्य आहे. यात संशय नाही.



Meaning : The trouble from thieves, fire (etc) resulting due to ill influences (wrath) of planets and stars are nullified as is said by Vyaasa rishi which is no doubt, infallible and true.

Essence : Thus Vyaasa rishi declares the truth that (due to chanting, studying of these prayers) all planetary wrath and calamities resulting from them disappear.



इति श्री व्यासविरचितं नवग्रहस्तोत्रम् संपूर्णम् ।
श्री नवग्रहार्पणमस्तु ॥

Iti Shree Vyaasavirachitam Navagrahastotram Sampoornam ।
Shree Navagrahaarpanamastu ॥

इति श्री व्यासविरचितं नवग्रहस्तोत्रम् संपूर्णम् = हे श्री व्यासरचित नवग्रह स्तोत्र संपूर्ण
ज्ञाले = Here end the hymn composed by Shri Vyaasa.

श्री नवग्रहार्पणमस्त = नवग्रहांना अर्पण असो = Let it be offered (and
accepted) by nine planets and stars.

